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Prepare

For the worse

Emergency Preparation

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The Basic Guide on Civil War Emergency Preparation

Peace has become an elusive dream for the whole world especially now that the world powers are scampering for world supremacy. Each powerful nation seems to have a secret nuclear arsenal that is on standby in case some other super country is prepared to expose its own nuclear power.

While people all over the world should be concerned about a third world war that will surely be swift considering the use of the nuclear arsenal of every powerful country, people however have to be prepared for something just brewing around the corner.

The risk of a civil war erupting in just about any country is an ever present risk that should be looked into not only by world leaders and the church but also by every person concerned about the safety of his community.

Like any other war, Civil war can be deadly and can affect majority of the population especially children who could not fend for themselves. Every civil war carries with it human rights abuses from both military and civilians.

The tragedy resulting from every Civil War the world has known is so encompassing. Take this:

Seven million Syrian residents displaced, more than one million lives lost.

More than 70 million people in Ethiopia hungry; add the millions of people suffering in Somalia and Ethiopia. This is the face of civil war and every person has to prepare for such an eventuality.

Every family should create an **emergency plan** no matter what emergency should arise. They should not rely on their governments if they do not want to suffer separation, suffering and death in the government-designated evacuation camps.

Families should consider taking **survival courses** which may include **self defense** lessons as well as gun firing lessons. Gun firing can be a family affair although children should be cautioned against the dangers of using guns in ordinary circumstances.

A family would be better off preparing an emergency **first aid kit** which should contain the basic medicine for ordinary illnesses. However, a family should from special illnesses like diabetes or asthma and include the basic lie saving and maintenance medicines in the safety kit.

People who live in places that are susceptible to civil war and other emergencies should also pack a special kit which should contain **sturdy shoes** for family members, **maps**, all-purpose **knife** or a Swiss Knife would be better, **canned goods**, and basic toiletries like soap.

Take every important thing but take only the basic necessities because when a civil war erupts, there may be a chance that the family would be displaced and may b e forced to survive for weeks or even months on the road escaping violence.

Preparing for the eventuality of a civil war is not like courting danger or wishing for it to happen. Rather, it is making sure that the family increases its survival rate when such event happens.

It is always better to be prepared for any emergency and if it does not happen at all, then who cares of the family has spent hundreds or perhaps even thousands for the emergency kit. It is all well worth it.

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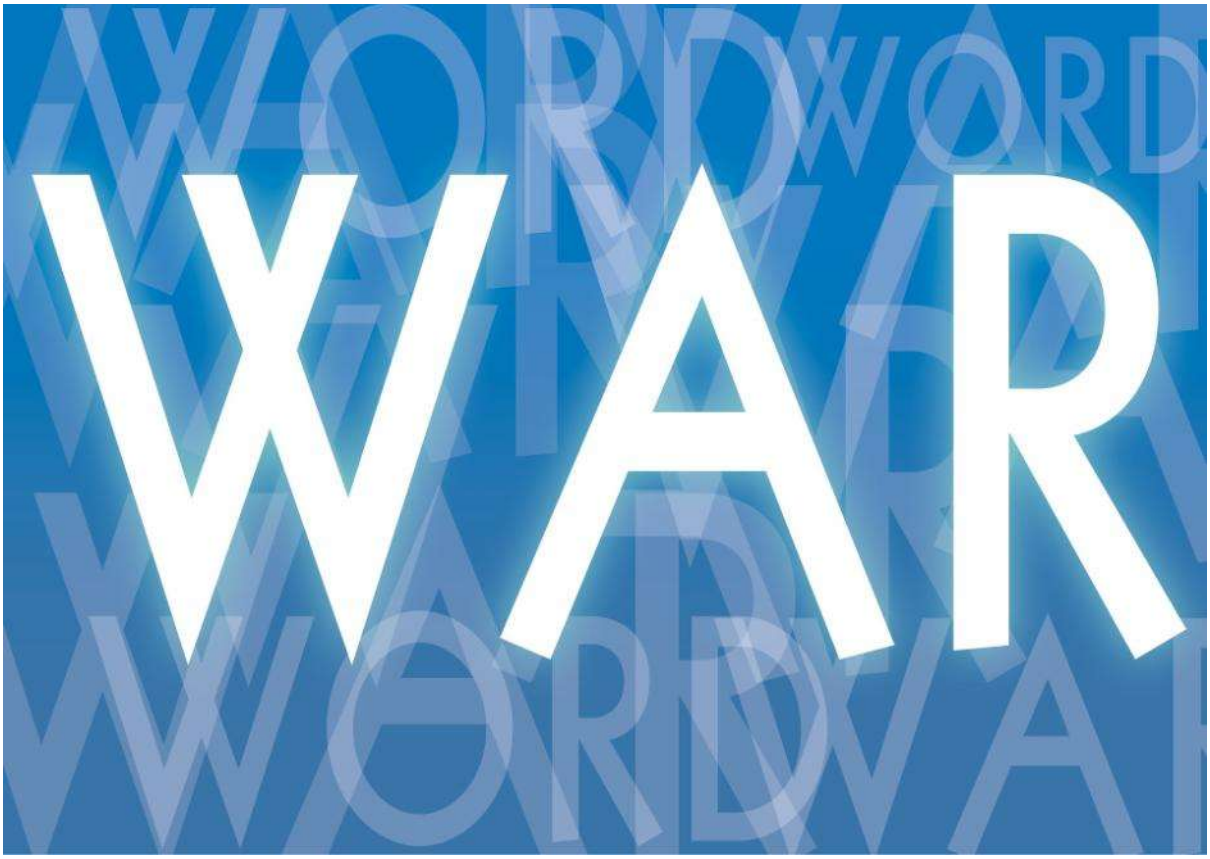
Tips for War Emergency Preparation



During the height of the cold war, the government made various programs to prepare its citizens for a nuclear holocaust. This included making bomb shelters hundreds of feet from the ground as well as teaching children to stay under the table in the event of an attack.

In 1989, the Cold War ended and this is no longer considered as a threat. Unfortunately, after 9/11, America is facing a new enemy. It is no longer a country that has a vast army capable of invading another nation. This foe is now fighting a guerilla war by conducting terrorist attacks both here and abroad.

There has not been a major strike on US soil since 2001. The intelligence communities of various nations have foiled such attempts even though there have been attempts such as the plan to bomb transatlantic from the UK.

Can anything be done to prepare for the next world war? Preventing the next biggest conflict is difficult but not impossible. Thermonuclear is just one way an attack will be carried out but the use of chemical and biological weapons is a bigger threat.

Many people may perish but following some tips for war emergency preparation may ensure the person's survival.

1. People go to the supermarket each week to replenish the food that was consumed. It wouldn't hurt to buy a few extra canned goods every so often because it will not spoil until it is opened.

2. Aside from food, having an ample supply of drinkable water will prevent dehydration. Plastic jugs can be purchased from the supermarket but if it is unsafe to go out, the people will have to get this from the faucet. It will be a good idea to add a purification tablet and boil this first to make sure it is safe to drink.

3. Having a first aid kit is always useful to treat wounds. The individual should check that it is complete at all times because no one can tell when this will be needed.

4. If people have to evacuate, it will be a good idea to bring food, water, a few extra clothes, flashlight, compass, matches, candy and an identification card. Everything should be packed in a backpack so everyone can move quickly to the nearest evacuation center.

5. The last tip for war emergency preparation is to be familiar with the disaster plans that have been made the federal government and city. Some states already have contingency plans in place. This has been announced in the Internet and on television and if this should happen, people should stay calm and slowly evacuate.

The tips mentioned are not only useful in the event of war but also when faced with a hurricane, an earthquake or any other natural calamity. This is because people who want to live through the crisis will do anything to see another day.

When the first plane crashed into the world trade center, everyone first thought it was an accident. As the second plane hit, everyone knew it was something worse.

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It is now or never, prepare for home emergency

The fact of the matter is that not one person knows just exactly are the specific problems that could eventually result during a major and over all emergency. The best thing one could possibly do is make himself prepare for anything that could happen.

The following are some of the tips, advice and recommendation in order to amply prepare for an emergency. The following are from the emergency service from the California office of the Red Cross.

1- Water is life, life is water

As much as possible, try to keep a water supply of a gallon for every person each day and one that would be enough to go on for up to three to seven days.

Water should be kept in containers made of plastic. Also, make sure that you also have filters and tablets for the purposes of purification ready and available when needed.

2- Store food for you and your family

Food that is not as easily perishable should be stored for you and your family, and such foods must be enough to last you, your family, as well as your pets, for three days up until one week.

Examples of such foods are canned goods, powdered juices, boxed vegetables and food.

3- Have an alterative

It is always a wise idea to have a cooking source that could serve as an alternative besides the usual electric stove you may be used to.

Having a ready barbecue stove or a propane stove on hand is the best recourse if in case the electricity goes out or if gas becomes no longer available.

However, if you are to utilize propane, ensure that the tank is completely full and that an extra propane tank is also available.

4- Collect clothes

Have a ready and available stock of clothes for your kids and yourself as well as sleeping bags.

5- Collect wood

Having a steady supply of good wood is also a good idea as these could be used for those fireplaces or for stoves that use wood for burning.

6- Have a light

A flashlight is the item that you simply could not do without especially during emergencies. Try to consider using recharging through solar means as well as units that are cranked by hand. This is in order to avoid any future worries on batteries.

7- Keep prescriptions

As much as possible, try to keep any prescriptions that you or your family member may have filled. Also, try to maintain an added supply of medication both non-prescription and prescribed ones.

Contact your healthcare provider for any refill prescriptions in advance.

8- Have cash and some gas

Credit is good unless there is an emergency. Try to keep ready cash just in case the atm's fail or the system of your bank is not working.

Also, it is best if you keep the gas tank of your car half full. This is so to avoid the long lines in gas stations.

9- Have books

During emergencies, it could be safe to have some books and some board games available to entertain yourself during power failure.

10 -Know the neighbor

It is also better if you acquaint yourself with the neighbors you have in your area. There could be instances wherein you ay need each other's help if ever the basic services are somewhat interrupted.

All in all, preparation is always the best cure against any unexpected circumstance that an emergency might bring.

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Importance of climate change emergency preparation

The world is getting smaller everyday because of the technological advancements of mankind. However, the same factors responsible for making human life and the human race better is also responsible for the degradation of the environment.

Man has been exposed to a more comfortable life and he wants more. He may have everything he needs to live a better and more comfortable life but he is becoming greedy to the point of wanting more than what Mother Nature can afford.

The environmental disasters that are reported in different countries almost every day should serve as a wake-up call to humanity that perhaps, they should now be more considerate of the environment. Mother Nature may be generous but she can also become angry and vindictive when she has reached the saturation point.

The strong **typhoon**, **earthquake**, **soil erosion** leading to the collapse of residential areas are just some of the common disasters that are actually caused by men. Illegal logging, the throwing of industrial wastes in the rivers, increased used of **un-biodegradable** materials are only among the few **sins** mankind has committed against nature.

Evidence will point out to the fact that environmental retribution will most likely behold mankind soon and he should be prepared for a major disaster brought about by climate change anytime now or in the future.

The issue on the greenhouse effect is not just propaganda in order for environmentalist groups to earn their funding requirement. Global warming is upon us and this can be gleamed from the major environmental changes like too much heat, too much cold and other phenomenon that mankind is faced with.

But no matter what mankind does now, he can ever revert global warming; he can only delay it. What is important is mankind knows the possible effects of climate change and what can be done to alleviate the negative effects.

Climate change can lead to emergencies like the increasing level of the sea water, forest fires and other manifestations. When this happens, the scientists and world leaders should have an emergency program that they can implement to make sure that lives are not lost and properties are not wasted.

The first thing to do is to launch a massive **information campaign** to make the whole world aware of what is happening in the environment as a result of climate change. People should know what to expect in terms of the possible environmental disasters as well as the possible diseases that may be caused by climate change.

The best emergency preparation kit for people all over the world is **knowledge**. Knowledge on what is about to befall them once the effects of climate change becomes manifest in our environment would help societies lessen the brunt of the anger of Mother Nature.

Every country should prepare for any emergency brought about by climate change. Even the first world countries that have all the technology would have a hard time facing this disaster. How much more the third world countries that is not even past the problem of providing food resources for their citizens?

Every household should be taught how to prepare for climate change emergencies. They should no longer rely on their governments to see them through the effects of climate change because once that happens, there may be a possibility that even government will become debilitated to act.

Everyone has to act now. They do not have a choice.

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Tips for Emergency Preparation during Severe Climate Changes

Tips for preparing for hurricanes and storms

1- Check your house

Our house is our sanctuary during storms; thus, we need to regularly check the integrity of our roofs, walls, etc even before the hurricane season arrives. Since our house is our only defense against heavy rains and strong winds, we need to ensure that it can withstand severe weather conditions, especially if we live in hurricane prone areas.

Once a hurricane warning has been issued, we need to start boarding up our windows and doors. We also need to shut off our gas and electricity and make sure that all objects that can fall or fly around must be removed.

2- Prepare for provisions

When a hurricane warning has been issued, you need to make sure that you and your family has enough water and food to last for days. Be sure that the food you will be stocking up are those that can be eaten even without cooking and does not need to be refrigerated. Moreover, you need to make sure that you have enough potable water for you and your family.

Aside from food, you need to prepare for candles, matches, flashlights and batteries. In order for you to be always informed on what is happening, you need to have a battery-operated radio available.

3- Heed government warnings

If the government has called for an evacuation, do not think twice. Follow the advice of the government. Just make sure that your home is properly secured before you leave.

4- Tips for preparing for heat wave

Extremely hot weather can be dangerous, particularly for young children, old people, and those with certain health conditions, such as mental illness, heart and breathing problems.

4- Listen to the news

We need to closely monitor the situation and wait for warnings and bulletins issued by the government. Many people have died because they did not know that there is a heat wave and it was unsafe for them to go out during the hottest part of the day.

5- Stay out of the sun

It is really advisable to stay indoors when there is a heat wave. If you must go out, you need to ensure that you are wearing proper clothing and have a protection against the sun, such as a hat or an umbrella. You also need to schedule your day well so that you will be indoors from 11pm to 3pm, the hottest part of the day.

6- Shower up

Take a cold bath or shower several times a day. If you cannot do that, just wash your face and nape with cool water occasionally or whenever you feel hot.

7- Regularly check on your elderly relatives and neighbors

Old people are usually the ones who succumb to heat wave, thus you need to check your old relatives or neighbors once in a while. See if they are drinking plenty of water and are feeling well. If you cannot physically visit them, you can always call them during the day and constantly remind them to follow health bulletins for heat wave.

Tips on earthquake emergency preparation

1- Stay Alive: Earthquake Emergency Preparation Tips

Earthquakes are among the most devastating natural disasters. What makes it more annihilating is the fact that there is no precise way of predicting when an earthquake may occur. The most effective tactic to minimize the effects of earthquakes in human lives is to make adequate earthquake emergency preparations.

During an earthquake, you will feel the ground shaking or rolling. If the movement of the

Earth's crust is really violent, you might even hear the ground rumbling or roaring. These earthquake characteristics may cause you to panic and eventually jeopardize your chance of survival. While strong and devastating earthquakes seldom happen, even in places located in the Earth's ring of fire, it is imperative that you have an emergency plan so that you and your family can stay safe. Here are a few pointers to remember to keep you prepared for an earthquake.

2- Practice Makes Safety

The key to being safe during an earthquake is having quick reaction. As soon as the ground shakes violently, you should know what to do as if by instincts. To be able to react fast during earthquakes, you must regularly conduct earthquake drills. This will keep you on your feet when the real thing comes.

3- Plan Your Home Structure

If you are living in a place that is frequented by earthquakes, you must plan your home in such a way that it will not become your deathbed. Use light materials for your home and provide ample exit ways to run to during emergencies. Collapsing home and building materials commonly cause injuries and deaths during earthquakes; and to avoid this, you

must make sure that most of your home structure and appliances are not heavy enough to crush you.

Make sure also that your place has strong doorways or doorframes; as statistically these places are the most likely places that can withstand earthquakes. Fasten tall and heavy fixtures to the wall. And ensure that your cabinets have latches so that whatever they contain will not fall out during an earthquake.

4- Plan for Everybody

Everybody in your office or home should know your emergency plan for an earthquake. Make sure that everybody understands the procedures to perform whenever the big shaker happens. Coordination is an important survival aspect particularly after the earthquake.

5- Know Your Place

Knowing where to run and hide for cover during an earthquake may save your life and limbs. Learn the safe spots of your home or office. And practice going to these safe spots so that you can immediately react by going into these places during an actual earthquake.

Also plan a meeting place for your officemates or family where all of you can gather yourselves up after an earthquake.

6- Delegate Responsibilities

In your office or within your family, assign duties that everybody must perform during earthquakes. Earthquake preparation should never be a one-man job. Your officemates and family members should be made to understand of what to do, especially if you are not with them during an earthquake.

7- Have Emergency Kits on Standby

Finally, you must have a number of emergency kits ready in the office or at home. These kits must have the bare essentials that can help preserve life during emergencies. From drinking water, food, to first aid materials, your emergency kits will be your lifelines. Make sure that everybody knows where these emergency kits are kept.

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Prepare for a flood the best way you could

The following are few tips and advice you could do in order to prepare yourself for any flood inevitability.

1- Expect the expected

It is important that you clearly understand and that you are aware of any damages that a flood could cause. Some of these inevitabilities include boulders that are rolling, trees that are ripped right out from the ground, buildings that are destroyed as well as bridges, sliding debris.

2- Do not be afraid to ask

It is also vital that you ask around your local zoning and planning office as to whether the property you are on is below the level of the flood or above it. Also, it is always good to know if the area you are in has had a history of being flooded.

This knowledge helps a lot in the preparation of activities and tasks to do in case if a flood does hit.

3- Familiarize yourself

In your own community, it is best that you familiarize yourself in any or all of the warning signals or signs whenever a flood does occur.

4- Learn, learn, and learn

Know what your community's plans for evacuation are. This helps you prepare yourself as well as your family and friends as on what to do as well as the step by step drill.

5- Have insurance

It helps if you have insurance that is tailored particularly when a flood occurs. Believe it or not, the insurance usually associated with home owners will really not be able to reimburse any damages you may have that are caused by floods.

6- Keep all vital documents

These documents include any policies for insurance, passports, birth certificates, etc.

All these papers should – as much as possible – be kept in a box that is waterproof and one which could be accessed easily.

7- Move, move and move

If in case your fireplace, furnace, electricity panel or water heater is in the basement or 1st floor of your house, you could consider moving it up the attic.

In that way it will be a lot less probable for these to be damaged by raging floodwaters.

8- Plug it all

Plugging all trap sewers you have in your house using check valves actually prevent any floodwater from going into the drains of your house. During emergencies, using large stoppers or corks is also a good idea to plug tubs and sinks.

9- Check and build

Checking with the local codes of buildings is a good idea as this will let you know whether it is okay to build walls for floods and to be used as barriers around your own house in order to prevent any floodwater from getting in your premises.

10- Waterproof it all

In order to protect walls of basements, seal them using waterproof compounds so that floodwaters would be unable to get in through any cracks.

11- Have a radio and some supplies

As much as possible, keep a radio that is operated by batteries if in case the power goes off.

Having supplies such as canned goods is a must as well as first aid kits. Do not forget a can opener of course.

All in all, preparation is always the best defense against floods.

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The Imperfect Storm: Tips for Emergency Preparations

If you live in a storm-prone area, you should be used by now on what to do, where to go and what to have to be prepared for bad weather. However, if you're not used to getting pummeled by high winds and hard rain, you probably don't have an idea how best to face a storm situation.

For starters, storms do not just come without a warning. Weather stations monitor the atmosphere day in and day out. If a storm is possible, they will issue two types of warnings:

Storm watch – is issued when there is a possible storm in your area. You probably will be experiencing a dark, cloudy sky, an unusually windy day and some rain. The storm may or may not come, but this is the time to keep tuned to your local radio for news and updates.

Storm warning – is issued when a storm is headed toward your area. Try to stay indoors as much as possible. Or if residents are advised to evacuate to a safer place, go as early as you can. Don't wait until the last minute to leave your house. By that time, the streets could be flooded and traffic is bad. You don't want to be caught in your car in bad weather.

Blizzard – usually occurs in winter and means heavy snow, strong winds and wind chill. When a warning is issued, avoid traveling as much as possible and stay indoors. There is no use exposing yourself outdoors where you could get trapped in traffic or in locations where you will be difficult to reach or worse, find.

For all our technology, no one can stop a storm from coming. The only way to survive it is to be prepared to face the emergency. Things don't always go bad during storms, but weather is unpredictable and anything can happen. To help you prepare for a storm emergency, here are a few tips:

1- Dress up.

Wear enough clothes to keep yourself warm. Heat may not be available in your house so get extra coats and blankets to maintain your body temperature sufficiently. Have your mittens, gloves, hats, socks and boots ready as well.

2- Have food ready.

Emergency provisions are a must during storm emergencies. Make sure you stock on no-cook food, canned food, some candy and other non-perishable items. And don't forget can openers, scissors or utensils. If the storm gets too bad and the streets are flooded, you will have a difficulty going out to the grocery shops. Besides, stores might be closed.

Keep bottles of water handy. Clean water may be hard to come by during really bad conditions and the worst thing you can do is suffer from dehydration because you were not prepared. Keep a supply of at least one gallon for every person per day that will last for 3 to 4 days.

3- Fill the tub.

You'll need more water for washing and flushing the toilets. When the power is out, your water pump won't operate, so best fill your bath tub, water containers and pails with water. If you have small children in the house, take precautions by covering deep containers and keeping children away from the bathroom unless necessary.

4- Emergency kit

Have a medical or first kit ready and make sure it's freshly-stocked. It should contain disinfectants, gauzes, cotton balls, Q-tips, medicated plasters and necessary medicines. It's also a good idea to have another kit in your car.

If anyone in your family is under special medication, make sure you have enough supplies to last until after the storm is over and drug stores are open.

5- Lights off

Expect power outages during storm emergencies. You won't have any electricity, so stock on candles, flashlights and emergency lights. Have extra fresh batteries and matches in case you run out.

If you can't turn on the TV, have a battery-powered radio tuned in to a station that covers your area. Media will monitor the storm and will keep you updated.

You might need hot water during the period when power is not yet available, so keep a small tank of gas around just in case. Your outdoor gas grill will do nicely.

6- Get an alternate shelter.

If you think your house will suffer considerably, it's a good idea to consider an alternate shelter. It could be an evacuation center or another house or building that is safer. Make sure you have enough gas in your tank in case you need to get out of the house and move someplace. Keep to a higher ground where you have better chances of being safe and dry.

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Tornado Emergency Preparation

Every year, weather disturbances wreak havoc in different parts of the world. In the coastal communities of the United States, residents will often experience hurricanes. In the northern areas, snowstorms and blizzards. But in the continental plains, there are **tornadoes.**

What is a tornado? This is an act of nature where a funnel of spiraling air comes out of nowhere and tears anything in its path. Most of these are a half kilometer wide and will disappear almost immediately just like how it popped into the air.

Unfortunately, weather forecasters are not able to predict when this will happen. These moves similarly to hurricanes and when one appears, people should hunker down and wait till it's over. Before that happens, here are some tips that can aid in tornado emergency preparation.

1. People who live in tornado prone areas should have a silo built a few feet under the ground. Studies have shown that this natural calamity can easily destroy the home so this is the best place to stay when disaster strikes.

2. The silo should have an ample supply of food, water, medicine and other necessities. It will take time to rebuild everything if the home sustained a direct hit and insurance companies won't shoulder the repairs.

3. There may not be time to run to the silo if the tornado suddenly appears. When this happens, the person should find a place to hide until it is safe to come out. Family members who are separated must go to the assigned meeting place and wait there until the other members arrive.

4. The best way to recover from this will be to have hidden stash of money at home or in the bank at all times. Some call this the emergency fund and this will be one of those times that victims will be happy knowing that everything will be all right.

5. The community will probably not have power, water and communication with the outside world if all the lines went down. Having a portable radio and a set of batteries will keep the people informed of what is happening outside since emergency services will also be out to assess the damage.

6. If the parents are not home and the tornado strikes, someone must be designated as the leader until the elders get back. This individual must be ready to handle the situation and make sure that everyone stays together until help arrives.

7. The family should also hold tornado drills so everyone will know what to do when it happens. Setting a standard like going into the silo in less than 5 minutes will help prepare everyone for the real thing.

The tips mentioned regarding tornado emergency preparation should be taken seriously because this can happen at any time. It is better to be prepared than caught unaware of what is going on which could mean someone getting injured or even killed.

There is no way to escape a tornado should the home be directly in its path. Everyone should just stay inside the silo and wait until the all-clear signal has been given for everyone to come out. Afterwards, this is the time to try and get in touch with those that are not home to make sure he or she is all right.

Tsunami Emergency Preparation

In 2011, a tsunami swept over certain parts of Japan,. More than 20,000 people confirmed to be killed or missing.

The incident is not the first but one of many that have happened over the centuries. It is not only in the Pacific but also in the Atlantic and the Indian Ocean, which makes it everyone's concern.

History shows that tsunamis have occurred dating from 1600 B.C until the present with the latest in July that killed more than 600 people in the island of Indonesia.

Until now, the exact location where tsunamis will strike cannot yet be predicted. Once an underground earthquake occurs, an alert is sent to coastal communities that something could go in that direction.

Since the Pacific is known throughout the world as the ring of fire due to the numerous underwater volcanoes, it is only right that a tsunami emergency alert system is in place to prepare people for the worse.

The tragic event that took place almost two years ago never had such a system. It was only after that regional governments decided to come up with one to prevent it from happening again.

The alert system is made up of four things. This is namely information, advisory, watch and warning.

When an underground earthquake has been detected, the Pacific Tsunami Warning Center based in Hawaii will issue the news to the countries in the region. Since the impact is not yet known, an advisory will be sent about possible areas that will be hit.

There is a saying that goes, “it is better to be safe than sorry.” The prediction may not happen but this is better than having a lot of casualties because the no warning was reported.

The after effects of the underwater earthquake may take hours but everyone knows that the tsunami is coming.

This is the time that people in the coastal communities should watch over the water. If it recedes, then a warning will be given to everyone that a mandatory evacuation must begin.

A siren is usually used to inform everyone. This will sound at different times starting from three hours before impact until half an hour before the tidal waves are supposed to hit the beach.

During this time, residents should already begin moving out of the danger zone. People can go deeper inland or run to the hills. It will be a good idea to bring water, food and clothing. Packing a light transistor radio will also be helpful to be able to stay informed when it is safe to come down.

The tsunami emergency preparation does not end when the reports predict that it is on the way. People will still be there monitoring the situation to issue a warning cancellation if nothing happened or if it is safe to return.

Countries that live in the Pacific Rim of Fire must coordinate with each other to minimize the loss of life. This is because it is much easier to rebuild and impossible to replace someone who died.

Community leaders should hold exercises to time how long it takes to evacuate the area so that everyone will be ready when the real thing hits the shores. A headcount can be done to find out if there are any people still missing should the inevitable strike.

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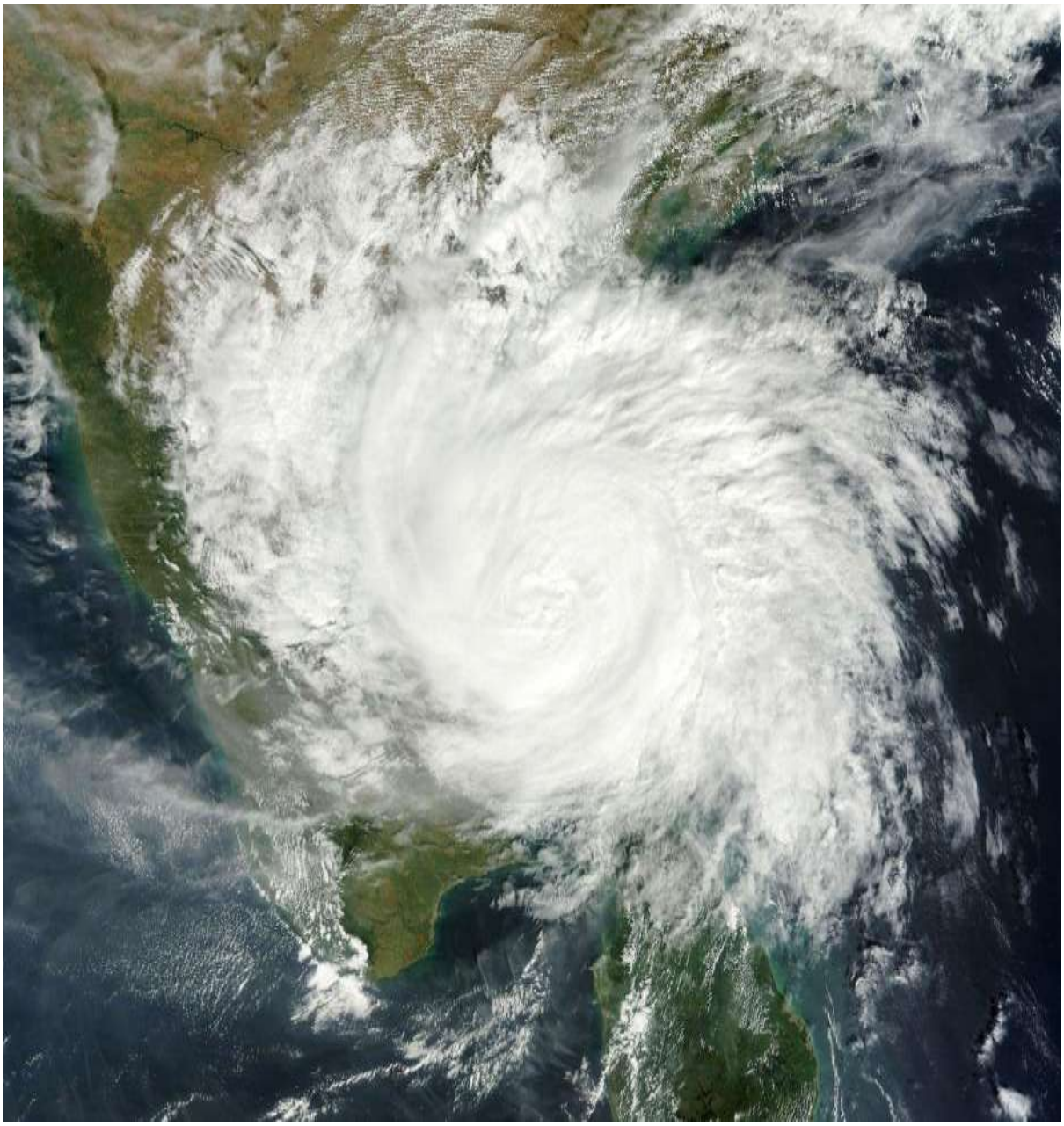
Don’t Be Blown Off By a Typhoon



Wherever part of the world you may live, you are likely to encounter a typhoon of some kind from time to time. Of course, there are specific places more prone to typhoons. There are also typhoons which are deadly and could cause great damage, not only to crops and infrastructures but also to human beings.

If meteorologists forecast that a strong typhoon is coming, it is not enough for us to just sit at home and watch TV. If the typhoon is strong enough, you won't even be able to watch TV because of electricity blackouts. Typhoons are just one of the ways nature demonstrates its power, you should take precautionary measures to avoid any untoward incidents during the typhoon.

Although different kinds of typhoons in different places may bring different kinds of danger, there are some basic emergency preparations that you can do. To ensure your safety, familiarize yourself with the kinds of typhoons that hit the area where you live or are visiting and with the local government's safety rules and regulations.

Once the National Weather Service have broadcasted that a typhoon will possibly hit your area, immediately start your emergency typhoon preparations. Here are a few things you can do before a typhoon arrives.

1. Fix any broken doors and windows. Make sure that there are no objects which could obstruct the entrance, just in case you may need to evacuate. Tape your big glass windows which can be potentially shattered by road signs, tree branches and other things.

2. If the place where you live always had problems with floods and a great typhoon is expected, move to an evacuation center in a higher ground even before the water levels reach a meter high. You should also park your car in a higher ground. Do not leave it in your garage because it can be carried by strong floods and cause bigger disasters.

3. Since it wouldn't be wise to be loitering around during typhoons and convenience shops are possibly closed, store enough food and water for a few days. Power and water connections might also stop, so you might as well prepare a lot of candles, batteries, rain coats and thick blankets to keep you warm.

4. Make sure that all items in your backyard or balcony are fixed. If any of those items can possibly be flown by strong winds, better store them inside for the meantime. Also, remove rooftop construction accessories, if any, as these can be detached and may break other people's windows.

5. Ensure that all water drains in your home are clean to avoid clogged drainage systems which can cause a lot of water problems.

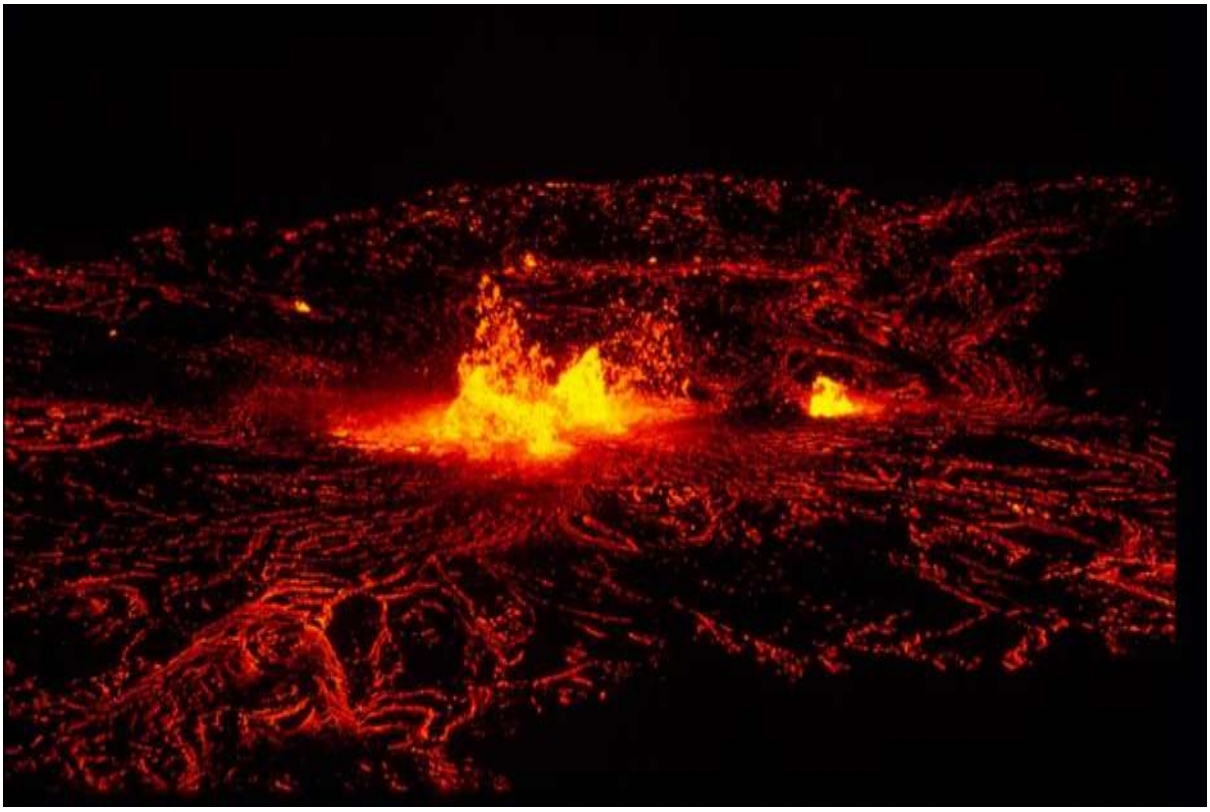
6. Listen to news about the typhoon. If the power is down, make sure that you have a battery-powered radio so you are still updated on what is happening, and know if in case there is an emergency evacuation program. Listening to the news will also keep you informed when the typhoon is expected to stop.

Even if it already seems clear outside, do not leave you home unless you have confirmed that the typhoon is not coming back. It is possible that your area is just experiencing the eye of the typhoon. When the eye of typhoon passes, there are no rains or strong winds.

After the typhoon, do not forget to fix whatever has been damaged. Check that no water is leaking into your home. There are still a lot of accidents which can happen because of not taking enough responsibilities of the effects of the typhoon.

ASK THE PROFE

What Do You Do When A Volcano Erupts Tomorrow?



Volcanic eruptions are one of the powerful disasters nature can bring. Volcanic eruptions are catastrophic enough that it can wipe out several towns in a few hours. They can also cause temporary changes in the Earth's climate.

Volcanologists are the scientists who study volcanoes. They predict the possibility of a volcanic eruption as well as the severity. However, Volcanologists cannot always exactly forecast when and where the next volcanic eruption will occur. That is why, it is important to know the basics in on how to prepare for an emergency volcanic eruption.

1. First, you need to be at least familiar with the terms associated with volcanic eruptions. These will be very helpful in understanding news about volcanic eruptions.

Volcanic ash refers to small dust particles or large pieces of rocks which are erupted to the air and carried down together with volcanic gases. These volcanic ashes can corrode metals, decompose fabrics, clog machineries, block water intakes and drains, and of course kill vegetation.

Pyroclastic flows are those streams of molten volcanic rocks. These flow at hurricane velocity. Because of their high temperature and speed, they can destroy everything in their path.

2. Coordinate with your local emergency team to check for any areas in your region which are prone to pyroclastic flows and volcanic ash.

3. If the volcano is starting to show some signs of eruption, do not go anywhere near it. As mentioned above, Volcanologists could not precisely predict the time a volcano may erupt. You can get immediately killed by a sudden eruption.

4. Follow your local governments advise when they say you need to evacuate. You should avoid lower areas, especially to those places downwind. Although high infrastructures, such as tall buildings can offer protection from volcanic ash, these are not enough shelter for rock debris and lava flows.

5. As much as possible, do cross a bridge because of the danger caused by mudflows. If you need to cross bridges, look upstream first and ensure that no mudflow is approaching. Take note that mudflows move faster than you can ever run.

6. If the volcano has started emitting volcanic ash, do not go outside until the ash has settled. Also, avoid opening any windows and doors in the house.

7. Once the air is clear, immediately remove any volcanic ash which may have settled on your rain gutters and roofs. Volcanic ash can be disastrous if they have thickly accumulated on your rooftops. In addition, these can cause severe respiratory diseases, especially to infants and old people with lung problems.

8. If you need to drive, avoid areas which have already been heavily covered with dust. Maintain a speed slower than 30 mph.

9. Of course, you need to prepare enough food and water to last for several days. You would also need spare batteries and dust masks. You can use extra clothing to cover your head and thin cloths to breathe with.

When news of volcanic eruption is out, be sure that you are always prepared wherever you maybe. Arm yourselves with enough knowledge to reduce the great impact that a volcanic eruption have. Always listen to the radio for updates and advice on how you can safely overcome this disaster.

Volcanic eruption preparations do not stop after the volcano has erupted. Once the disaster is over, there are a lot of cleanup operations needed.

Recovering from a volcanic eruption takes a long time. *Cooperation within your community is needed.*

ASK THE PROFE

Vital steps in preparation for an industrial emergency

First things first, the fact of the matter is that there are great benefits to be had when there is guidance and ample preparation in cases of an emergency.

Planning and preparation helps industries and corporation discovers any hazardous problems or conditions that could be unrecognized and if not paid attention to could possibly aggravate a situation.

When there is preparation, deficiencies are immediately brought to light.

Some of these deficiencies could include resource-lack (e.g. lack of personnel that are adequately trained, lack of supplies, lack of equipment, to name a few). Knowing these details beforehand helps correct any lack in the soonest possible time.

It also prevents major losses and casualties as well as financial organizational collapse.

Another advantage of preparing for an industrial emergency is that it helps promote appropriate safety and awareness among the workers as well as present a company that is concerned with the welfare of its entire staff.

The following are some of the needed steps designed to assist industrial plants as well as businesses in preparing for any type of emergency.

1- Establish a team

As much as possible, set-up a good planning team. A leader as well as a staff must be chosen as based on their appropriate capabilities and skills.

Particular tasks should also be assigned to teams or individuals.

2- Analyze hazards and capabilities

It is also important to assess the preparations the industrial plant or the organization currently has against risks such as power failure, damage in structures, among others.

In an emergency such as flooding, contacting the manager of the local floodplain as well as other flood officials helps organization and industries learn the risks involved.

Using building materials that are flood-resistant, erecting a physical barrier as well as anchoring structures and tanks is one of the ways to prepare in advance for flood emergencies.

Meanwhile, preparing against high winds is by reinforcing the roof as well as the side panels. Covering windows is also important, covering the doors and removing any objects that are loose from the industrial plant's site is a must.

3- Have a backup

As much as possible, have a backup emergency power such as a battery storage, power and heat system combined. It is also vital that contact utility info be obtained in case of a power outage.

4- The plan should be developed

It is important that there is a plan developed during, before as well as after a particular emergency. Protocols should be established for the welfare of the employees, especially their safety and similarly the readiness of the site.

Emergency power should also be updated as well as the options for power supply. Communication emergency systems must also be established.

Responsibilities for each staff with regards to the recovery, shutdown and restart procedure should be outlined.

An evacuation plan should also be developed including employee support. Procedures on shutting down the utility and the safe processing of operations are a necessity.

Methods in protecting records, inventory and materials must also be developed.

5- Plan implementation

Staying in touch with the operations emergency center on your own state is important.

In this stage, the appropriate preparation, shutdown, emergency backup and evacuation should be started.

All in all, the final stage is the recovery process and the assessment of the damages brought by the emergency as well as in prioritizing needed repairs. Hopefully, the procedures above help in the adequate preparation of industries and organization.

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